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Health & Happiness

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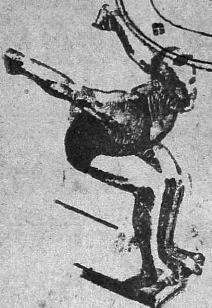

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The British Chemical Works Post Box No. 472 MADRAS-7

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AMOUR superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

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BY TAKING THE SAME REMEDY

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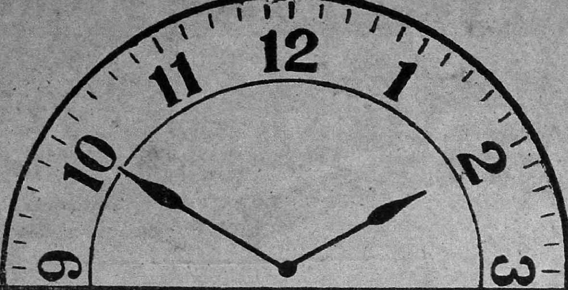

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Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down its manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. **It never fails to restore and increase the vital force of the body** and is very good for **loss of vital power, Premature** Aging, **Weakness** and **Debility**.

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

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Mr. E. H. (Mudigere P.O.) "I have found you Vigotone rather remarkable, and request you to send me two bottles per return of post......"

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Write to for more particulars, of Vigotone, if you have lost vigour and strength.

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7.50 Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottles of Vigotone. Also Vigotone for women. Prices as above.

The British Chemical Works,

POST BOX NO. 472, MADRAS-7 India

Long given scant attention by doctors, it is now treated as a serious problem

The Mystery and Misery of Backache

By ERNEST HAVEMANN

OF ALL the victims of ailments which beset the human race, the man with a backache is in many ways the most pathetic. As he painfully creaks through the day he is the object of more derision than sympathy, for it is difficult to be sympathetic, about a disease that cannot be seen, heard, felt or X-rayed. As a result, the backache sufferer's complaints have often been considered an out-aud-out fraud. Yet the fact is that this ailment probably causes more general discomfort than anything except the common cold.

Many of our work and play habits are conducive to backache. The manual worker who uses his back a lot has to be in almost perfect physical shape and should never let a day pass without strenuous exercise. Yet he often spends his spare time sitting over a glass of beer and a pack of cards. on the other hand, the sedentary office worker often spends his week-ends pretending he can mow the lawn in the morning, play golf in the afternoon and than dance most of the night.

Housewives frequently get up from childbirth and plunge right into their work, which is about as strenuous as a carpenter's job. Many of them enjoy civilization's greatest boon to the female back—the girdle or corset—but, as one doctor observed, "Women useally leave their corsets off while doing the housework, then put them on to sit down and have tea."

The sedentary life itself is a threat to the back. The typist, for example, commonly sits erect in her chair with her arms stretched and her posture regid. In this position the whole weight of her upper torso must be supported for hours at a time by the lower back muscles. The newspaper proof-reader hunches over a desk always tilted a little to his left as his right hand wields a pencil. Such people keep certain sets of back muscles tensed in one direction, and these muscles grow fatigued while their opposite numbers grow weak from lack of exercise.

The sedentary worker olso often finds himself in a position where he has to call on his back muscles for a strenuous effort without preparation for it. The filling clerk struggles with a stuck window; the junior executive runs for a train while carrying a heavy suitcase, a briefcase and a golf bag. Whether they can get away with such excesses of effort is largely a matter of luck.

In terms of time lost from work, backache is one of the costliest pains. Each year thousands of workmen hurt their backs on the job and have to be sent home. Nobody can guess how many other thousands of back cases occur among people who do not suffer enough of stay away from work.

In great-grandfathr's day people with aching backs were usually told by their doctors that they had "lumbago." Although this term made the patient feel that he had something specific to blame, it was actually only a synonym for backache. A little later the popular names become "sciatic rheumatism" or "sciatica," which were just fancy ways of saying that the patient had lag pains along with his lumbago. A few years ago everybody was blaming a weak or sprained sacroiliac, which is a joint supported by the major ligaments in the lower back regeon. Today experts agree that the sacroiliac ligaments are among the strongest in the human body.

A concerted effort is being mady today to get at the real causes and cures of backache. Unfortunately, the back is one of nature's most complicated structures. The spinal column is composed of 33 vertaebrae (34 in som people). Each consists of a piece of bone like a sliee cut out of a broomstick, from which several bone sppenbages project to from an archway at the back. Through these openings passes the spinal cord. The lowest 9 or 10 vertebrae are more or less fused together at the base of the spine into two structures known as the sacrum and coccyx.

The vertebrae are cushioned from each other by little slices of tough rubbery material called discs, but are bound together into a strong and fairly stable column by a long structure of ligaments —the strong, tough white tissue that binds bone to bone at each joint of the body—and also by a complicated series of muscles running the full length of the spine from neck to coccyx.

Animals that move on all fours seldom have trouble with their spinal apparatus their weight is mostly suspended from the posterior processes of the spinal column held like a suspension bridge by strong bands of muscle. Man' however, defies gravity by standing erect. His back muscles have to work 16 hours a day just to hold him up. He bounces up and down on his spine, butting a heavy load of weight and shock on the discs. When he bends over to pick up a shoe he exerts a great strain on his lower back muscles, since the bend comes at a point (called the lumbo-sacral joint) which is like the fulcrum of a lever.

The family doctor who hopes to cope successfully with his numerous backache patients finds himself confronted by a baffling array of medical theory. Some specialists believe that perhaps 80 persent of all backaches are caused by muscles too weak or stiff to do the work for which they are called upon. The basic tenet of muscular-fitness enthusiast is that some people have let their backs grow so weak through lack of exercise that they are in dire danger of aches if they so much as shake hands too vigorously.

But poor physical condition does not account for all back ailments. Many orthopaedic specialists say that a number of the most severe backaches stem from what is popularly known as the slipped disc, a phrase almost as common today as was lumbago a half century ago. A disc has a relatively soft and pulpy interior, encased in a tonugh fibrous ring and two cartilaginous plates. Sometimes these discs rupture and the pulp protrudes a little. Sometimes the pulp squashes out altogether and the disc practically disappears, leaving the two vertebrae without a cushion. This is known as a degenerated disc. In each case the disc usually affects nerves, causing pain to radiate down the buttocks or legs—the excruciating condition known as sciatica.

Same doctors operate, either snipping away the part of the disc that touches the nerve or removing the disc, sometimes fusing the two vertebrae which it formerly separated. But many conservative orthopaedic specilists hold that the pain from a slipped disc is usually caused by swelling of the nerve, and that the swelling can be reduced and the patient restored to functional activity by proper treatment, which cousists mainly of rest, followed perhaps by wearing a brace and and doing special exercises.

A different approach is typified by a group of doctors at Bellevue Medical Centre, New York, who say that so many bad dics have been found in post-mortems on people who never complained of back pain that the damaged disc hardly Considered the main villain. These doctors believe that most back cases are accompanied by functional impairments that is, muscles and ligaments are working

(Continued on page 9)

GLAND THAT MAKFS US CROW

Herman H. Rubin M.D.

OF all the endocrine glands, the most remarkable is the pituitary. Approximately a dozen functions—all having a profound influence on the human organism—have been ascribed to this tiny structure..

The pituitary gland is situated at the of the brain just back of the root of the nose and protected by nature by a bony safeguard shaped like a Turkish saddle, anatomically known as the "sella turcica." It is no larger than a small-sized pea.

In the year 200 A.D., the Greek physician Galen thought the duty of this tiny organ was to filter into the throat a cerebrospinal fluid which he called "pituita." Later, in the sixteenth century, the then famous anatomist Vesalius, believed the pituitary to be thesource of the mucous fluid discharged from the nose.

Following him, but with a mind of his own, Piccollumini advance his theory that the gland's principal function was to plug up the back of the nose and thus prevent the escape of "vital" spirits from the body.

In the days of priest medicine this organ was considered the "envelope of the soul." The French were completely mystified and called it "*L'Organe enigmatique.*"

Now that we have practically solved the enigma of the pituitary's functions, the truth is even more difficult to believe than the miraculous qualities attributed to it in ancient medical lore.

Small as the gland is, it is clearly divided into two parts or lobes, each a separate organ with different functions. The *posterior* (back) adds *pituitrin* to the fluid that bathes the spinal cord, and is carried to the blood and lymph.

Pituitrin is the best known and most widely used hormone of the pituitary, It serves to contract the uterus, raise the blood pressure, increase the flow of urine and accelerate the action of the gastro-intestinal tract upon which the progress of food and waste matter depends.

Among other tasks, pituitrin also speeds up the rate of breathing and partially controls fats, water and carbohydrate metabolism, If the supply of this secretion falls short. the body temperature declines to the danger point, resulting in drowsiness, dulled mentality, fatty degeneration, and, occasionally, epileptic seizures

Posterior lobe inadequocy is considered by some to be the cause of Diabetes Insipidus, a kind of diabetes most obten present in young males, characterized by a tremendous increase in the urinary output. Cases of this kind require the daily consumption of gallons of water to replenish the dehydrated tissues.

The powers of the somewhat larger, grayishred, *anteroir* (front) lobe of the pituitary gland are no less marvelous. This lobe is richly supplied with blood vessels into which it pours a precious flow of varied secretions. One of the most important is the *growth hormone*, stimulating the growth of bones and skeletal muscles from infancy to maturity.

When an oversupply of this hormone is secreted and if this occurs *before* maturity of the long bones is reached, the individual will become the giant of folklore and circus sideshows. These pituitary giants are of several kinds, ranging from the wellproportioned giant, to the eunuch-like type, with elongated legs.

When due to an increase of the number of cells in the anterior pituitary, an over-secretion of the growth hormone takes place *after* complete maturity, and a

condition known as *Acromegaly* will result. It is characterized by a enlargement of the short bones of the face, hands and feet. The face becomes like that of a bulldog, but the aggresive doggedness is sadly lacking.

This malady occurs during adult life, especially among males between 20 and 40. It is rarely seen among adolescents or the aged.

Under-secretion of the *growth* hormone *childhood* leads to dwarfism

The anterior pituitary also exerts an almost autocratic control over the sex glands themselves. This means that any disturbance of the pituitary is bound to affect the reproductive organs, resulting in deficient development of the genitals, frigidity, faulty menstruation, and in the male—a lack of virility.

The sex glands are not the only glands dominated by the pituitary. The thyroid the adrenale (glands near the kidneys), ann perhaps others, are all under its influence.

Mongolian idiocy is one condition attributed to pituitary deficiency. Another is Dercum's Disease, marked by fatty swellings of the arms, thighs and abdomen and by presence of painful nodules under a dry, mottled skin.

Still lumpier fat is present in cases of Cushino's Syndrome, accompanied by excessive hairiness in girls and boys, precocious sexual development, followed by frigidity and sterility in later life.

Another pituitary deficiency ailment is Simmond's Disease, which causes middle–aged women to waste away to starvation leanness.

The foregoing descriptions are of advanced causes of pituitary deficiency. Many border-line cases may-go through life undiagnosed and even indisturbed.

DYING TEETH SAVED BY "WHITEWASHING"

A new method for repairing and saving dying teeth by "whitewashing" them with calcium hydroxide was described at a recent dental conference. By application of the method, it is said to be possible for dentists to save fractured, broken, or badly decayed teeth which otherwise would have to be extracted or de-nerved.

The method consists of first cutting away diseased portions of the tooth pulp—the innermost portion of the tooth which surrounds the nerve. Exposed pulp is then coated with calcium hydroxide in a methey! cellulose paste.

Calcium hydroxide stimulates the growth and replacement of dentine, the semihard part of the tooth just under the enamel. Function of the methy! cellulose is to hold the stimulant in place long enough to be effective.

Within two weeks, X-ray pictures show that new dentine has been formed, after which the usual filling materials can be used to repair the hard outside covering of the tooth. Without the replacement of dentine prior to filling, the tooth would be subject to further decay and fracture, it is said.

Robot "Brain" Helps solve farm problems.

A miniature robot brain has been developed to help farmers solve the temperature and humidity problems in their barns.

The device, a portable computer designed by Minneapolis, Honeywell researches, digests such information as the number of animals in the barn, the heat and moisture they give off, and the various temperature and humidity conditions in different areas of the barn.

It then automatically calcutates whether the barn needs a temperature or humidity central system, or both and tells what size ventilating system is required. If the barn is poorly insulated it will also indicate that supplemental heating must be added.

FAKE H-BOMBS TEST STRENGTH OF WALLS, ROOF

Simulated H-bombs are daily blasting a model of a four-story building into twisted wreckage at Stanford University. But each time the building is easily pushed upright again, good as new.

The ingenious model is the product of Prof. Lydix S. Jacobsen, head of the Stanford Mechanical Engineering Department, and Dr. Robert S. Ayre, who is now at Johns Hopkini University.

The building is made of metal rectangles.

The blast effect comes from air-driven pistons, four on each of two sides and one on top. They are timed electrically so that all four on the side where the "Bomb" explodes push upon the model building simultaneously.

A split second later the top piston pressess down on the roof: Then, one-two-three-four, from top to bottom at additional split-second intervals, the pistons push against the opposite side. This is exactly how a bomb blast would exert pressure against the building.

How badly battered out of shape the model is depends upon three factors: the blast intensity—whether H-bomb, A-bomb or mere blockbuster; nearness of the building to the center of the explosion; and the strength of the building.

All these factors may be accurately reproduced.

(Concluded from page 6)

badly, and the trouble is not the result of a condition which could be seen in an X-ray or detected by a post-mortem.

Just as the muscles of the hand grow painful from the unaccustomed work of carrying a heavy suitcase, so the muscles of the back may give out it not rested at suitable intervals. One explanation of this is that the blood streem cannot carry away all the lactic acid, carbon dioxide and other chemicals which the muscle produces when hard at work. These products occumulate in the muscle tissue and finally set-up an acute or chronic irritation.

On the basis of more then 1,000 cases the doctors at Bellevue Medical Centre concluded that about 60 percent of backaches were caused by muscular strain, the sprain of a ligament or the stress of bone against bone, and another 30 percent by muscular fatigue. They do not believe that the answer is simply better physical fitness. Instead they try to determine the cause of the strain or fatigue and eliminate it. Often this means urging the patient to act his age and give up activities which are now beyond his muscular capacity.

One doctor says, "You tell a man that his back trouble is caused by lifting sides of beef into a lorry and he says, 'Don't be silly, Doctor. I've been doing it for 35 years.' It's hard for him to realize that this is precisely the reason he can't do it now. We might say that one big cause of backache is that we have to live through the difficult period when we're too old to work but too young to retire."

Most doctors believe that a good many cases of backache could be avoided if everybody observed the following rules :

Lift with the legs, not the back. Reach down for an object by bending the kness and squatting, keeping the back straight as you go down and come up again.

Avoid over-exertion. Remember that the average householder is foolish to dig up a sizeable garden patch in a single morning, or try to lift a piano.

Exercise regularly but by easy stages. Start the golfing season with an easy session of chip shots and putting instead of playing 18 strenuous holes.

Change possition as often as possible. Avoid the cramped muscles of the immobilized typist.

198410

GHOSTS OR DREAMS?

By R. L. MEGROZ

IN FORMER times there were many superstitious beliefs about seeing the "double" or wraith or a living person. It was thouht to be a very bad omen and a sign of the death of the person whose "double" or *doppelganger*-as the medieval Germans called it—was seen. Gradually, as more people got a smattering of scientific knowledge, the idea of the "double". was dismissed as romantic nonsense. But last century doctors began to study psychology, especially in France, and it was found that some very queer experiences indeed were possible to certain types of nervous patients, usually people with a tendency to hysteria. Seeing their own "bouble" was one of these queer experiences: it happened to many patients.

The famous French novelist, Guy de Maupassant, belonged to the type whose nerves could become too sensitive. He was working in his study one day when he noticed somebody coming into the room. He always insisted that his servant should not disturb him while he was at work, so he turned round in surprise, prepared to give the servant a piece of his mind. But instead of the servant he saw a figure that was the exact double of himself approaching him. Speeehless, he watched while the figure came closer with a noiseless tread and sat down on a chair on the opposite side of the desk. With a shivery feeling down his spine, de Manpassant heard his own voice coming form the figure. It began to dictate, and he began to write down what the voice said. presently the voice ceased, the figure got up, and walked out of theroom with out opening the door. As soon as he could himself, see Maupassant found that what he had written down as the dictation of his, double was a satisfactory ending to the story he was working on. So the strange experience has its useful side But when it happened de Maupassant was not in a normal state of health, and shortly afterwards he was overtaken by general paralysis.

This ghostly "double" seen by people whose nerves are disordered is not strictly a hallucination, because the vision is the result of real sensations. The doctors say that the nerves register feelings belonging to the body as if the body were detached from the patients, and then translate the feelings into a complete image of the self, seen as an external object.

This may seem incredible, but patients or the same type have also been able to see their own inside, in every dertail, and to tell the doctor exactly whereabouts samething was wrong. It made no difference if the patient was ignorant of anatomy, A woman who knew nothing about the human body described precisely to her docter the appearance, position, and working of her own heart, liver, kidneys, intestines, and even her brain. She could see every detail as if she was watching a marvellous moving picture of the inside of her body.

Both the "double" and other experiences of so-called "ghosts" may be due to states of mind very close to certain dream experien. ces with which most people are familiar. Whether it was really a phenomenon of dream or trance, or just what was claimed, the most amazing of all ghost stories was that told by a woman to several eminent men who took it seriously at the end of last century. Lord Bute, Andrew Lang the literary historian, and his friend, Dr. Ferrier, collected the details of how aMrs. Claughton was visited by a party of ghosts and given instructions and an appointment to meet hem again, Only the real names of places and cartain people were changed to avoid embarrassment to living people, but the names were given to the investigators.

Dr. Ferrier was dining with Andrew Lang and some friends in Rapingham in October 1893, and during the conversation Dr. Ferrier asked if they had heard about the haunted house in Blake Street which belonged to some friends of his.

[library stamp]

named Appleby. These had let the house and the new tenants a Mr. Buckley and his mother and sister, had been puzzled by ghostly happenings there. Dr. Ferrier said that he himself had been in the same house years before, and while the family were in the dining-room they heard queer noises in the room overhead, which was empty. Besides noises there were other puzzling things. His sister was alone in an attic, kneeling by a trunk, when water was swished over her face. When Mr. Buckley was carrying an ink-well upstairs one evening he suddenly felt liquid in his hand and feared that he had spilled the ink. Reaching his room. he went to the window and found that his hand held not ink but water.

Theye incidents might belong to any old ghost story, but they were to-prove only the preliminary canter, so to speak, of the ghosts in the Blake Street house in Rapingham, who seemed to be trying to engage the attention of a living person. And their opportuuity came with the arrival of Mrs Claughton, a widow, and two of her children, to stay with the Buckleys. She had not been there more than a few days before she went to consult Dr. Ferrier, and told him that the previous night, while asleep with on of her children in the same bed, she had been awakened by footsteps on the stairs. At last she lit her candle and went to look. By the clock on the landing the time was twenty past one. Nobody was on the stairs. She went to bed and started to read, but fell asleep. When she woke the candle was burnt low and the sound of a sigh made her look up. A woman wrapt in a white shawl was leaning over her.

Mrs. Claughton heard the words "Follow me," and took hold of the candlestick. She may easily have dreamed what happened next, except for one thing. She followed the apparition past the landing and into the drawing-room, which was on the same floor but had been locked by the maid. As her candle was nearly out, she replaced it by a bink one from an ornamental cupboard in the drawing-room. Meanwhile, she saw the ghost go towards the window. It turned round and said, "Tomorrow." Then it vanished. When she got back to bed her child sleepily asked, "Who is the lady in white?" She eventually fell asleep again. In the morning she sow the pink candle in her candlestick. Mr. Buckley arranged for Mrs. Claughton to have an electric alarm communicating with his sister's room, in case she was frightened in the night.

This is still like an ordinary ghost story But Dr. Ferrier went on to tell his friends that Mrs. Claughton had suddenly left Rapingham to obey the instructions of three ghosts who had next visited her and told her to go to Meresby. Whereas Rapingham was in the Midlands, Meresby was an obscure village several hours by train on the south side of London. Buckley's sister the previous night, about one o'clock, had been roused by the electric alarm. She and her brother had found Mrs. Claughton lying on the floor of her bedroom in a faint.

The night that she had rung the alarm bell, Mrs. Claughton did not get into bed but lay on it in her dressing-gown, intending to read. But she fell asleep, than woke to see the white-shawled woman bending over her. Then another figure appeared beside her, a tall, dark man in good health, who was 60. He told her his name was George Howard, and that he had been buried in Meresby churchyard. (Neither Mrs. Claughton nor the Buckleys had ever heard of Meresby.) This ghost gave her dates of his marriage and death and impelled her to put them down in her notebook. She must, he said go to Meresby to check these dates and if she found them correct, she mus wait alone in the church there at 1-15 at night beside the grave of Richard Harte. Mrs. Claughton had never heard of Harte

of Howard. But the ghostly Howard told her she would find Harte's grave at the south west corner of the south isle The ghost then described to her the parish clerk, one Joseph wright, who would, he said, help her. When Howard finished talking, Mrs. Claughton saw a third phantom, who seemed to be in great grief She told the investigators that she was not free to repeat his name.

The three ghosts made her understand that, if she obeyed them, they would meet her again in Meresby church at the time indicated. Then, as they vinished she got up to look at the time by the landing clock, felt faint, and rang the alarm.

Mrs. Claughton left for London on the Thursday, slept in London on the Friday night, and this time dreamed of the ghosts, who gave her other particulars and told her that her half-ticket to Meresby wculd not be collected. They also added to their previous instruction that she would seek out a Mr. Francis, who knew about he private affairs which the ghosts wan-ed straightened out.

When she reached Meresby on the Saturday the clerk, Wright, got her the registers and she checked up the dates in her notebook, and Wright testified afterwords that she correctly described George Howard, whom he had known She found the grave of Richard Harts, who had died in 1745. This tomb was apparenly only useful as a meeting place.

The curate was surprised at her request to be allowed to go into the church alone that night, but eventually he left the matter in the hands of the parish clerk, who unlocked the church for her and locked her in from 1-20 until 1-45 A. M saturday. October 14, 1893.

Whether or not Mrs. Claughton really met the ghosts again in the church, as she maintaiued, it is a fact, according to the investigators, that she was supplied with accurate details of the private affairs of people who were strangers to her, and on the following Monday she visited the daughter of George Howard to pass on to her the messages of the ghosts. Howard,s daughter recognized the importance and reasonableness of the requests, though the details were too private to publish. Mrs. Glaughton sent the uncollected half-ticket to Meresby to Dr. Ferrier, who passed it to Andrew Lang. Lang got the railway company to check the date of issue. None of the ghosts was ever heard of again.

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